



Soldiers use past successes, failures to update the way they train, fight

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Photo by Rob Martinez

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Photo by Angela Moncur

Veterans' Day

Servicemembers honored in different ways

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Photo by Thom Williams

Leisure Time

Rocky Point offers more than beaches

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Photo by Thom Williams

Basketball

Commander's Cup play is underway

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What HMMC closure means to Fort Huachuca

By Rufus Guillory

Manager, Installation Hazardous Waste Program

As of Aug. 11, the Hazardous Materials Control Center closed its doors for the final time, leaving in its departure, what seemed to be a cause of concern for all units and contractors on post.

However, through the combined efforts of the Defense Reutilization and Marketing Organization and Environmental and Natural Resources Division, a solution has been found.

The mission of the HMCC was to provide numerous hazardous materials needed for day-to-day activities for units and contractors alike, and to track these materials to ensure their proper usage in accordance with EPA regulations.

With HMCC's departure, the units and contractors had no on-post source to acquire these needed materials.

The environmental issues that the closure caused was that with no one left to manage the issue/reissue of these hazardous materials, it presented the risk of the materials being mismanaged, and also the subsequent accumulation of

large quantities of hazardous waste, which would have to be properly disposed.

Each year, the Environmental and Natural Resources Division submits a report to the EPA that outlines the post's plan as far as "Pollution Prevention," or P2. This plan is supposed to outline the posts' initiatives in the way of cutting down on the production and disposal of hazardous wastes, as well as outline initiatives on how we plan on accomplishing this goal.

Consequently, the plan is re-worked every five years with starting points and target goals. With the closure of the HMCC, we would show a sudden increase in our production of hazardous waste.

However, after numerous discussions between DRMO, the Installation Management Agency (now Installation Management Command) and ENRD, the agencies conceived a plan to avert this apparent problem.

The HMCC is in the process of turning in all of its inventory to the 90-Day Hazardous Waste Storage area. After an accurate inventory has been taken of these items and it is determined which of these items can be re-issued, the personnel at the 90-Day facility will re-issue these items on an

"appointment only" basis.

The best part of this program is that the ENRD will keep with its mission of troop support, and also avoid the great cost of disposing of all of these usable items, and at no cost to the units.

Yes, that is correct. The units will not have to pay for these items that they need. All that we ask is that you give us a week to account for all the items being turned in, and afterward contact our office for appointments to pick up what you need. The point of contact for the re-issue appointments will be Laurie Genz at 533-0549. She will schedule your appointments and answer any questions you may have concerning hazardous material issue.

Also, those with questions or issues dealing with hazardous waste disposal or environmental compliance should contact me at 533-0547. I am the new Hazardous Waste Program Manager for Fort Huachuca. I am a Marine veteran, and have been working in the environmental field for more than 15 years, with my last position being that of Installation Hazardous Waste Program manager for Fort Sam Houston in San Antonio, Texas. I invite anyone with questions or issues to contact me.

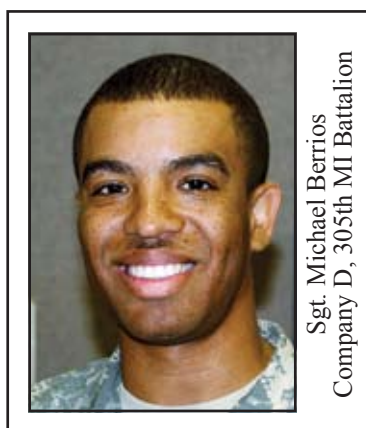
Scout On The Street — How has your heritage contributed to American culture?



Jane Boss, 1st Grade Teacher
Johnston Elementary



Heike Paulsen, 1st Grade Teacher
Johnston Elementary



Sgt. Michael Berrios
Company D, 305th MI Battalion



Marcia Bruno
Fort Huachuca Education Center



Maria Celaya, Student Services
Coordinator, Education Center

"Dedication and hard work, I'm Irish/German; the Irish immigrants did the hard labor."

"I would definitely say dedication to the job, and not giving up. I think that's the German work ethic in general."

"Puerto Ricans have brought a lot of the Spanish culture over ... a lot of Spanish restaurants, night clubs. Even in Hollywood now, there's a lot of Spanish actors that are making an impact as well as in the music industry."

"I'm Italian/Irish. My greatest claim to fame as far as my heritage is concerned, my great, great, great uncle, on the Irish side, was the first admiral of the American Navy, under George Washington."

"I'm Mescalero Apache. Our beliefs, food, we were the first farmers (in America). Back in the Indian wars, it was strategy, regarding guerilla warfare. Hence why we were able to avoid confrontation with the Cavalry."

The Fort Huachuca Scout

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It is published weekly, except Christmas and New Years, using desktop publishing by the Public Affairs Office, U.S. Army Intelligence Center and Fort Huachuca, Fort Huachuca, AZ 85613-7027. Printed circulation: 8,200.

All editorial content of *The Fort Huachuca Scout* is prepared, edited, provided and approved by the PAO. *The Fort Huachuca Scout* is printed by Aerotech News and Re-

view, 999 E. Fry, Suite 307, Service to Arizona, Sierra Vista, AZ 85635, a private firm in no way connected with DA, under exclusive written contract with the U.S. Army Intelligence Center and Fort Huachuca. The civilian printer is responsible for all advertising.

Editorial material for publication should be submitted to USAIC&FH Public Affairs Office, 3015 Carnahan St., Bldg. 21115, The Fort Huachuca Scout (AZTS-PA), Fort Huachuca, AZ, 85613-7027. The PAO reserves the right to edit all material submitted for publication.

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POSTMASTER: Send address changes to Aerotech News and Review, 9192 W Cactus Rd. Suite M, Peoria, AZ, 85381.

To submit stories or inquiries, call (520) 533-1987, DSN 821-1987 or fax (520) 533-1280. For advertising, call (520) 452-1500.

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Soldiers, guests feast, praise God at Thanksgiving Prayer Breakfast

Story and photo by Rob Martinez

The Fort Huachuca Installation Chaplain's Office hosted a Thanksgiving Prayer Breakfast Nov. 8 at the Thunder Mountain Activity Center here. Chaplain (Brig. Gen.) Doug Carver, the Army's Deputy Chief of Chaplains was the guest speaker.

The music team from the Post Chapel Protestant traditional services performed spiritual music for guests at the breakfast.

Carver pleasantly surprised the audience as he sat behind a keyboard and treated them to a song that expressed "better than words" how he felt. He said that America, although facing her own problems, is truly blessed and has good reasons to sing.

He also thanked Soldiers for their work and sacrifice. "Words cannot express how thankful we are," he said.

Alluding to the movie, Carver said that adversity in life comes like "a perfect storm," but gave three

points on how to prepare.

Point one is to look up. "Life is about perspective ... As the storm clouds gather ... look up. Help is on the way. God is sending his best," Carver said.

Point two is to wake up and stay awake. "This is not a time to sleep as we watch world events unfold before us. Something big is up ... This is your time. Whatever rank you wear on your collar, God is using you ... This is the greatest generation."

Carver remembered the old C-Rations which came with cigarettes when he gave the analogy for the third point.

"The first sergeant used to say, 'Light 'em if you got 'em,'" Carver said. "Not that I'm promoting tobacco products, but light it if you got it. If you have a relationship with a living God, don't hide it under a bushel. If you got it, light it."

Carver explained that our faces brighten when we discover wisdom. "You can be a light to Fort Huachuca, to your family, to the Army and the world."



Chaplain (Brig. Gen.) Doug Carver treated the audience to a song.

Holiday decorating policy announced

Scout reports

In order to keep the spirit of the Christmas holidays, and also to remain cognizant of the increased utility costs during the holidays, the garrison commander has determined that decorations shall not go up any earlier than the Friday after Thanksgiving, Nov. 24. All decorations shall be removed by Jan. 15.

Holiday lights shall not be turned on during daylight hours or left on overnight.

Directorate of Public Works officials remind everyone to exercise care when hanging decorations on your quarters; nails, screws, fasteners, etc. are not permitted to be used on exterior walls.

DPW staff wishes everyone a happy and safe holiday.



Photo by Thom Williams

Servicemembers train to deploy

Servicemembers participate in a Situational Training Exercise, clearing Improvised Explosive Devices on Fort Huachuca's Site Kilo prior to graduating from the Electronic Warfare Tactical Practitioner's Course Nov. 8. Once graduated, the students are Electronic Warfare Officers and assigned to a battalion-level position in support of Operation Iraqi Freedom and Operation Enduring Freedom. Servicemembers from the U.S. Army, U.S. Navy, U.S. Marine Corps and U.S. Air Force attended the course.

Tickets on sale for Fort Huachuca Holiday Tour of Historic Homes

FHCSC release

Tickets are on sale now for the 16th Annual Holiday Tour of Historic Homes on Fort Huachuca. The tour, sponsored by the Fort Huachuca Community Spouses' Club, will be held from 2 to 6 p.m. Dec. 3.

Get a glimpse of holidays past as you stroll the Fort Huachuca "Old Post" area and have the rare opportunity to go

inside 14 of the historic homes.

The tour begins at the Fort Huachuca Historical Museum. Enjoy live entertainment, shopping, refreshments and more.

Advance tickets cost \$8 and may be purchased on post at the Fort Huachuca Museum, Murr Community Center, the Post Thrift Shop and Apache Flats RV Park. In Sierra Vista, purchase tickets at the Sierra Vista Chamber of Com-

merce, the Convention and Visitor's Bureau, and at Safeway. Additionally, you can contact any FHCSC board member for advance purchase. Tickets will also be on sale the day of the tour for \$9. All proceeds go back into the community through scholarships and disbursements.

For safety purposes, carriages and strollers are not permitted; children younger than 10 must be

carried in a parent's arms.

Homes on the tour are not wheelchair accessible. The FHCSC will provide assistance whenever possible or necessary. Golf carts will be available to transport those who are unable to walk the distance of the tour. No backpacks, cameras or video equipment will be allowed inside the houses.

For more information about this year's tour, call 459-2686.

Warrant officer's career spans multiple services, occupations

Story by Michael Collins
Scout Staff

Chief Warrant Officer Randy Stittsworth is not your ordinary Soldier. Or Sailor. Or Airman. Stittsworth is a military anomaly, having worn the uniform of the Army, Navy and Air Force at one time or another.

Stittsworth's 25-year career in the various services is a colorful patchwork of adventure, travel, career changes and educational opportunities, all thanks to the symbiotic relationship and changing needs between Uncle Sam and himself.

Stittsworth begins his tale as a young adult, after completing high school in Napa, Calif. "I joined the Navy shortly after graduation with the idea that I wanted to become a dental assistant and work my way into the medical field after my enlistment and college," Stittsworth wryly noted. "The wait for dental assistant was over three years, so I went to photographer's A-school, one of the initial career training courses for unrated enlisted personnel. I had experience in photography so I thought it would be a good fit until the dental assistant school opened up."

Months later, Stittsworth was walking up the gangway of the infamous U.S.S. Forrestal, a name synonymous among sailors for out-of-control, blazing infernos. "I remember seeing that training film of the disaster, with the then pilot and now Senator McCain jumping off the nose of his A-4 and rolling away from the fire. I was one of the last crewmembers assigned to the ship before it was decommissioned."

Approaching a crossroads near the close of his first enlistment, Stittsworth had to choose between attending den-



Courtesy photos

Combat Medic Stittsworth peers over his cover to flash a smile at the camera during a lull in the action.

tal assistant school and staying in the Navy or getting out and starting his educational career at Brigham Young University.

"I couldn't see staying when I had my GI bill and was convinced I could do just as well on my own," Stittsworth continued. "I didn't want anything to do with the military but just wanted to get on with college and my career."

"Later when my car started breaking down with no money to pay for it, one of my professors that was also a reserve officer suggested I join up to earn a little extra cash," said Stittsworth. "The Air Force Reserves seemed like a good place to be so I joined. The 75-mile commute over snow-covered roads to do my drills was nerve-racking, so I

left after a little over a year and transferred to a closer drill location with the Naval Reserve."

Even though drilling with the Naval Reserve was much closer, little did Stittsworth imagine how the location of a closer Army unit would come to compete and play into his final career choice.

"I became a Spanish major after a course in chemistry convinced me to re-think the medical career field," Stittsworth continued. "I later found out there was a military intelligence unit just down the street with the Utah Army National Guard, walking distance from the campus. I joined up and got involved in the ROTC program and eventually received a commission."



Stittsworth swearing in during one of his many enlistments.

This decision turned out to be one of his best, both for his career and in his personal life. "I met my wife Kristen (who was a Swedish linguist) while I was there," Stittsworth noted.

Stittsworth and his wife returned to his native California upon graduation but he had not yet given up the thought of the medical career field.

"I joined the California National Guard but had to resign my commission because there were no slots available. I wanted to go to nursing school but once again, the wait was almost three years. I came in as a medic and with news of our first child on the way, integrated into the active service so that we could adequately provide for our family."

After tours of duty in Korea, Fort Carson and Bad Aibling, Germany,

See **CAREER**, Pages A15

Fort Huachuca's Air Force Noncommissioned Officer of the Quarter named

Story and Photo by
Eileen McWilliams
Contributing writer

The Air Force Noncommissioned Officer for the third Quarter is Staff Sgt. Danielle Frederick. Originally from Fort Myers, Fla., Frederick now works for the 314th Training Squadron where she provides administrative support to the commander and his staff. She is also responsible for working with the Directorate of Information Management and

111th communications and signal personnel to make sure computers, e-mail, and phone accounts are set up for all assigned personnel in the unit.

Frederick has been in the Air Force for the past 13 years and considers the best part of her job to be the opportunity to be able to share the knowledge, wisdom and values that she has learned during her career with the younger airmen who are just starting theirs. She believes that by doing what she likes to do best, she is helping her units

"succeed in training the best airmen in the U.S. Air Force."

It is obvious that Frederick has earned the respect and admiration of those around her. When asked what it is about Frederick that inspires such admiration, her co-workers did not hesitate before responding with such compliments as, "She can do anything that is asked of her without complaint."

"Her work ethic goes above and beyond what is expected of her," and "She is great at

multi-tasking and can do more in one day than most can do in a week."

Frederick also just completed her degree in information technology, which she obtained from the Community College of the Air Force and hopes to apply what she has learned from there to further advance her skills in the office.

Staff Sgt. Danielle Frederick provides administrative support to the commander and her staff.



Patients have responsibilities when being referred

Raymond W. Bliss
Army Health Center release

Usually Raymond W. Bliss Army Health Center personnel can treat patients when they are seen there, but sometimes they cannot.

When your Primary Care Manager determines that care from a civilian doctor or therapist is necessary, he or she will enter a referral request in the computer to be sent to TriWest. Once approved, a referral authorization letter for care will be mailed to the patient's home within 10 business days of the referral request being entered in the computer by the PCM.

It is very important that you, the patient, or the parent of a patient, know what your responsibilities are. When you understand the process of referral, then you are able to do your part in the process.

This, in turn, ensures that a claim for services will be paid promptly and you will not have to deal with claims

that are denied due to conflicting information in the computer system. Taking the steps you are required to take also insures your health care records and test results are returned to your PCM. TriWest has a responsibility to make sure that the specialist you see sends medical information about the visit or tests done within a certain number of days.

Without the information you provide, TriWest staff members are unable to effectively do their jobs. A delay in information coming back to your PCM can impact the PCM's ability to make decisions about the next step required for your care. This would be most important in situations where your health condition requires immediate treatment.

You should follow two simple steps:

Step 1: You should receive a referral authorization letter within 10 business days after your PCM enters the referral request in the computer.

When you receive your letter, call the civilian provider indicated on the letter to schedule your appointment.

Step 2: After you make your appointment, call TriWest at 1-866-876-2383.

Be prepared to provide:

- Your sponsor's social security number

- The tracking number (10-digit number on your referral authorization letter.)

- Your appointment date.

Choosing a different doctor or provider

Except for active duty Soldiers, if you would like to see a different doctor than the one stated on the authorization letter you receive, you may do so. (The exception to this would be if your PCM designates the specialist by name when he or she writes the referral request.) For example, your authorization is for care from a dermatologist for a skin condition and your letter indicates

Dr. X as the provider. If you would like to go to another Tricare network dermatologist, you may do so.

To choose a different provider you need to do the following:

- Find out the names of the Tricare network dermatologists (or whatever specialty you need) in this area by going to the Tricare Service Center at the Raymond W. Bliss Army Health Center, or by visiting the Web site, www.triwest.com to view the network provider directory.

- Follow STEP 1 in the referral process previously indicated above.

- Follow STEP 2 and be sure to inform TriWest that you have selected and made an appointment with a different doctor than is on your letter.

Changing or cancelling your appointment

If you or the provider change or cancel your appointment, please call TriWest at 1-866-876-2383 to inform them of the change.

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Military Medicine Clinic slated for move

Raymond W. Bliss
Army Health Center release

The Military Medicine Clinic, Building 51101, located at the corner of Hatfield and Winans, which provides healthcare services to all permanently assigned Soldiers on Fort Huachuca, will be renovated starting in December.

The renovation is expected to last 12 to 18 months and will expand the MMC from its current 8,000 square feet to more than 10,000 square feet.

While the building is being renovated, Soldiers will receive healthcare services inside Raymond W. Bliss Army Health Center in the Family Care Clinic. The transfer of services and staff from the current MMC building to the main healthcare facility will take place the week of Nov. 27 to Dec 1.

Soldiers will continue to be seen for appointments at the current MMC building through Dec. 1. Beginning Dec. 4, all Soldier appointments will be at the new location in FCC A.

To accommodate MMC providers and patients, providers currently located in the two primary care clinics in the main facility will be combined and the MMC providers will occupy the primary care clinic next to the Allergy and Immunization Clinic. Movement of these providers is already underway. Signs will be posted throughout the facility directing patients to the appropriate care area for their appointment.

All clinic phone numbers will remain the same. Patients needing to contact their respective clinics may do so at 533-9047 for FCC A, 533-9291 for FCC B, or 533-2627 for MMC.

AAFES sets Thanksgiving holiday hours

Closed Nov 23: Barracks Phone Center, Laundry, Dry Cleaner, Alterations Main Store, Laundry and Dry Cleaner Military Clothing Sales Store, Military Clothing Sales Store, Cochise Theater, Enterprise, Main Store Barber Shop, Robin Hood Deli, Alltel Wireless, Xtreme Franks, Beauty Shop, Main Store Flower Shop, General Nutrition Center, UPS Store, Optical Shop, Main Gate Shoppette, Wired Coffee-PX Mall Wired Coffee-Regimental Mall, Barber Shop Regimental	Wired Coffee-RWBAHC, Barber Shop Greely Hall, JITC Cafeteria, Mobile Vans	p.m.	p.m.
Launderette Always open			Saturday - Noon - 6 p.m. Sunday - Noon - 8:30 p.m.
Main Post Exchange Thursday - 9 a.m. - 2 p.m.		Burger King Wednesday - 6 a.m. - 6 p.m. Thursday - 8:30 a.m. - 11:30 a.m. (Breakfast items only) Friday - 6 a.m. - 5 p.m. Saturday - 9 a.m. - 5 p.m. Sunday - 9 a.m. - 5 p.m. Thursday - Friday - Closed	Charley's Wednesday - 10:30 a.m. - 8:30 p.m. Thursday - Closed Friday - 10:30 a.m. - 6 p.m. Saturday - Noon - 6 p.m. Sunday - Noon - 8 p.m.
Anthony's Pizza Thursday - 10 a.m. - 2 p.m.			Popeye's Wednesday - 10:30 a.m. - 8:30 p.m. Thursday - Closed Friday - 10:30 a.m. - 6 p.m. Saturday - Noon - 6 p.m. Sunday - Noon - 8:30 p.m.
Furniture Store/Outdoor Living and Furniture Store Thursday - 9 a.m. - 2 p.m.		Regimental Retail Store Thursday - 8 a.m. - 3 p.m.	
Shoppette/Class 6 Thursday - 8 a.m. - 2 p.m.		Regimental Food Court - Anthony's Wednesday - 10:30 a.m. - 8:30 p.m. Thursday - Closed Friday - 10 a.m. - 6 p.m.	
AT&T Cyber Zone Thursday - 8 a.m. - 3 p.m.			
Closed Nov. 23, 24:			

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Great American Smokeout[®] is underway today

Scout reports

The American Cancer Society sponsors the Great American Smokeout[®] each November to help smokers quit cigarettes for at least one day, in hopes they will quit forever. This year's event is today.

Even though smoking rates have dropped dramatically in the 30 years since the first Great American Smokeout, tobacco continues to be a killer. Consider these facts:

Tobacco kills more than 440,000 people each year ... more than heroin, cocaine, alcohol, AIDS, fires, homicides, suicides and automobile accidents combined. Tobacco use accounts for at least 30 percent of all cancer deaths and 87 percent of lung cancer deaths. Nicotine in U.S. cigarettes has risen 10 percent in six years. Besides lung cancer, tobacco use also causes increased risk for cancer of the mouth, nasal cavities, larynx, pharynx, esophagus, stomach, liver, pancreas, kidney, bladder, uterine cervix and myeloid leukemia. Pipe and cigar smoking are even

See **SMOKE**, Page A14

Fort continues water-saving trend

Scout reports

The water pumpage for October was 31,285,000 gallons, or 96 acre-feet, and was equivalent to 1.0 million gallons per day. The October pumpage was 11 percent less than that pumped in October 2005 (108 acre-feet) and was 50 percent less than the 24-year (1982-2005) October average (192 acre-feet). The October pumpage of 96 acre-feet was the lowest pumpage for October during the 24-year period.

Total water pumped year-to-date (991 acre-feet) was 17.7 percent less than that pumped during the same period in 2005 (1,205 acre-feet).

No water was pumped at the U.S. Forest Service Air Tanker Station on Libby Army Airfield in October. Year-to-date 219,297 gallons (0.67 acre-feet) have been pumped at the tanker station.

Treated effluent reuse for October was 29.65 acre-feet. Year-to-date, 219.78 acre-feet have been reused. The year-to-date reuse was 11.3 percent less than that reused during the same period in 2005 (250.6 acre-feet). This is water that did not have to be pumped from the groundwater aquifer (a water and energy savings) to irrigate

See **WATER**, Page A15

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Veterans remembered in many ways

Scout reports

It takes more than one day for the Sierra Vista community and Fort Huachuca to honor its veterans. The community honored its veterans in many ways throughout the week.

On Nov. 9 during a special ceremony at Myer Elementary School, the youth honored veterans through a flag raising event. This was one of many events at local schools through which students showed appreciation of those who'd spent time in the armed forces in service of their country.

The annual Veterans' Day parade delighted thousands of young people and the young at heart. Soldiers, veterans, service groups and supporters marched, rode drove or were chauffeured down Fry Boulevard in a tribute to all veterans. Many vets wore their medals in honor of the day.

Saturday, runners celebrated servicemembers through a Veterans' Day 5K fun run sponsored by the Morale, Welfare and Recreation program.

Hundreds were fed Monday, compliments of Golden Corral restaurant during their annual free feast in honor of those who've served. And, many local businesses offered special discounts for those who spent time in service.



Photo by Thom Williams

Runners jockey for position at the start of the Veterans' Day Five Kilometer Commemorative Run Saturday at Eifler Fitness Center. Eighty-three runners took part in the event. Cody Rosengarten, a member of the Tombstone High School cross country team won the race.

Veterans' Day 5 Kilometer Commemorative Run results

Cody Rosengarten	Civilian Male	16:55
Kelly Calway	Military	17:05
Michael Martinez	Military	17:41
Juantonio Rivera	Military	17:43
Michael Clark	Military	18:06



Photo by Angela Moncur

Members of the various services hoist the colors high during Friday's Veterans' Day parade.



Photos by Angela Moncur

Students in Georgia Bernheim's second-grade class at Col. Johnston Elementary School (front row from left) Holly Moncur, Evan McWilliams, Brian Gensamer, and Joseph McCloskey and (Back row from left) Corey Boatwright, Kayla Blackwell, Cyrus Thomas, and Cedryc Mosley take part in a Veterans' Day classroom program Nov. 9.



Photo by Angela Moncur

One of many floats carries proud service members and veterans down Fry Boulevard during Friday's parade.



Arizona National Guard Soldiers dispose of unexploded ordnance

Story and photos by Rob Martinez

Scout Staff

Two Soldiers from the Arizona National Guard cleared a piece of unexploded ordnance Nov. 8.

One 155mm projectile and a 105mm projectile were found during clearance operations on a convoy live fire course for initial entry training Soldiers, on the East Range. The 155mm round was a dud, but the 105mm projectile was detonated in place using C4, an explosive.

Kelly Jones, biological science

technician, Environmental and Natural Resources Division, was present to document the destruction of the ordinance and make sure that no endangered species would be damaged in the explosion.

"We have several animals: tiger salamanders, owls and bats. We also have a few plants, like the agave and Huachuca water umbel," Jones said.

Jones reported that there was no damage to any endangered species.

The Fort Huachuca Fire Department was present for support in case the explosion caused a fire, but no

fires were started.

The UXOs were found when the contractor came out to clear the surface of 14 shoot boxes and found two separate rounds that they thought were live.

The 155mm trainer was buried nose down, so the contractors were not able to see any distinguishing markings. They assumed it was live. The EOD team dug it up and found it was a dud.

According to Range Officer Scott Miller, Training Division chief, Range Control will take portable pop-up tar-

gets and place them along the route. This gives the unit commander options for setting up targets. The commander can pick one or all 14 shoot boxes to put targets in.

"It keeps it fresh for the students; they don't get a signature of where the target is until they are right on top of it," said Miller.

Soldiers and visitors to Fort Huachuca should always be alert for unexploded ordnance. If UXO is found, leave it alone and report it immediately to range control at 533-7093 or the military police at 533-3000.

Advertisement

Range closures set

Thursday – All training areas are closed through today for Fall Clean-up
Friday – AL, AP, AU, AY, T1, T1A, T2
Saturday – AL, AU, T1, T1A, T2
Sunday – AL, AU
Monday – AL
Tuesday – AL, T1, T1A, T2
Wednesday – AL, T1, T1A, T2
For more information, contact Range Control 533-7095. Closures are subject to daily change.

NETCOM/9th ASC chief of staff retires

U.S. Army Network Enterprise Technology Command/9th Army Signal Command will hold a retirement ceremony at 4 p.m., Tuesday, in front of Greely Hall for Col. Mary Beth Shively, chief of staff.

No trash pickup on Nov. 23

Due to the Thanksgiving holiday, there will be no trash pickup Nov. 23. Trash pickups for Nov. 23 and 24 will be combined and done on Nov. 24.
For information, call Gary Brown at 533-8456.

Adopt-a-Soldier sign-up underway

The Thanksgiving Adopt-a-Soldier program matches military and civilian families with single and geographically-single Soldiers for a Thanksgiving Day meal.
Volunteer host families sign up in person or by calling 533-8774, 533-8894 or 533-6731.
Soldiers are assigned to families in pairs. The sign-up deadline for host families is tomorrow. Soldiers and hosts must attend a “warm-up” party at the Eifler Gym Facility at 7 p.m. Tuesday.

Veterinary Clinic sponsors food, toy box

The Fort Huachuca Veterinary Clinic has placed a food and toy collection box in their reception area for donations to the needy during the holiday season. Donated food should be non-perishable and toys should be unwrapped.
All collected items will be donated to the Fort Huachuca chapel for distribution to the needy.
For more information call 533-2767.

OMDC closure set

The Official Mail and Distribution Center will be closed Nov. 23 and 24 for the Thanksgiving holiday and mail will

not be distributed to offices.

For more information, call Hector Natal-Gascot at 533-0994.

Farewell dinner planned

Bid farewell to the 111th Military Intelligence Brigade Command Sgt. Maj. Robert Edwards at 6 p.m. on Dec. 4 at the Windemere Hotel, South Highway 92 in Sierra Vista. Cost is \$27 per person.
Contact Sgt. Major Paul Madrid at 533-1561.

Taco John’s has closed

Taco John’s on Fort Huachuca is now permanently closed. It will be replaced by an expansion of the Main Gate Shoppette.

CYS to provide child care Nov. 24

The Fort Huachuca Child and Youth Services will offer child care on Nov. 24, the Friday after Thanksgiving. Preregistration is required. Services will be limited and some programs combined. Families with children enrolled in the New Beginnings Child Development Center and the School Age Services program can register at the CDC from 7:30 a.m. to 4:30 p.m.. Families with children in the Middle School Teen Program can register from 7:30 a.m. to 4:30 p.m.
For information, call CYS at 533-0460

WHCART recruiting team visits

The White House Communications Agency Recruiting Team will visit Fort Huachuca from Dec. 4 to 8, conducting an orientation briefing from 9 a.m. to 3 p.m. Dec. 4 in Cochise Theater.
The White House Communications Agency is looking for Soldiers in the Military Occupational Specialties of 21H, L, W, 25D, F, P, Q, R, S, V, 44C, 88M, and 94E who meet specific criteria to provide state of the art communications support to the President of the United States.
For information, contact Sgt. First Class Elizabeth Gaut at 202-757-5156, DSN 284-2000 ext 7-5156. Or, visit the White House Communications Agency Recruiting Web site at www.disa.mil/whca.

Native American Indian celebration held

Native American Indian Heritage Month will be celebrated from noon to 1 p.m. tomorrow at Murr Community Center.

The theme of the event is “Defining Our Destiny Through Our Culture and Self-Determination.”
The celebration features information displays and artifacts, and a performance by Smith Middle School students of the play “A Native American Cinderella.”
La Casita Mexican Restaurant and Cantina will provide food.

Commissary open Monday

The Commissary will be open normal hours on Monday to accommodate Thanksgiving sales. It will be closed Nov. 23 and 24.

FEHB open season underway

This year’s federal employee health benefits open season runs through Dec. 11. Coverage will be effective Dec. 31. Three programs are available for employees and retirees to choose from. These consist of the regular FEHB plans, the Federal Flexible Spending Account Program, and the new Federal Employees Dental and Vision Insurance Program.
All 2007 FEHB Guides, health plan brochures and the 2007 premium rates can be viewed at www.opm.gov/insure/health.
For the first time, eligible federal and postal employees and retirees will also be able to enroll in the new Federal Employees Dental and Vision Insurance Program during this year’s open season. For updates on this new plan, please visit www.opm.gov/insure/dentalvision. Enrollment will be the same as for FEHB and FSAFEDS.
For questions regarding this year’s FEHB open season, you contact the Civilian Personnel Activity Center at 533-5273.

Leave donations sought

The following Department of the Army civilians on Fort Huachuca are currently on the Leave Donor Program and need leave donations: Michael Clark, DPS; Alicia Doyle, WCPOC; Linda Haldorson, MEDDAC; Pamela Hastings, CA/ITEC-4; Kristie Jansen, 111th, IEW; Aline Knight, IG; Robert Martinez, USAIC; Shirley Michaud, DOIM; Kimberly Outlaw, DPS; Susan Pester, MEDDAC; Scott Van Voorst, FUTURES.
Additionally, government employees impacted by “Hurricane Katrina” are still in need of leave donations.
Contact the Civilian Personnel Advisory Center at 533-5273 for more information on how you may donate.

Protestant Sunday Services		Women’s Ministry Bible study		Sunday		9 a.m.		Latter Day Saints Service	
9:00 a.m.	Gospel	1st, 3rd Friday	6 p.m.	Catholic		Sunday		1 p.m.	
9:30 a.m.	Protestant	Bible Study/Choir Practice		• CCD		Sunday		Youth Ministries	
11 a.m.	Cross Roads	Thursday	6 p.m.	• Adoration of the Blessed Sacrament		10:45 a.m.		• Middle school	
11 a.m.	Collective Protestant	Ministerial Staff Training		Friday 3 - 6 p.m.		Friday 3 - 6 p.m.		Sunday 4 - 5 p.m.	
Roman Catholic Worship		Tuesday	6 p.m.	• MCCW		1st Friday 9 a.m.		• High school	
Mon.-Fri.		Men’s Choir Rehearsal		Tuesday		7 p.m.		Sunday 5:30 - 7 p.m.	
Mass	11:30 a.m.	Youth Fellowship		3rd, 4th Saturdays 8:30 a.m.		• Women’s Choir			
Sunday Mass	9:15 a.m.	2nd Tuesday 7 p.m.		• Women’s Choir		5th Saturdays 11a.m.			
Sunday Mass	noon	• Youth Church 1st, 2nd, 3rd, & 5th		Korean		Choir practice Friday 6:30 p.m.			
Jewish Worship				OCIA Friday 7 p.m.		Muslim Prayer			
Every Friday	7 p.m.			Orthodox Divine Liturgy		Friday 12:15 p.m.			
Protestant									
• PWOC	Tuesday 9 a.m. & 6 p.m.								

Legend

- Main Post
- Main Post, Room 24
- Main Post Blessed Sacrament Chapel
- Prosser Village
- Kino Chapel
- Eifler

Advertisement

New frame of mind — Own the Edge

Army release

You're hearing about it in briefings. You're seeing it in training. You may even hear it in conversations around you. But do you really know what it means to Own the Edge?

Soldiers view themselves as warriors on the edge.

The edge is that line between where the Soldier is operating with control and where the Soldier loses control and a preventable accident occurs. The edge is different for each member of the Army team. It is defined by experience, abilities, skills, environment, mission and other variables — some seen and some unseen. It is in this process of defining the edge that first-line supervisors' involvement and participation becomes essential.

Supervisors must know their troops and take the initiative of defining and 'drawing the line' of the edge for each member of their formation. Owning the edge begins with knowing where it lies.

With the line of the edge drawn,



Composite Risk Management

Soldiers must then take the initiative to Own the Edge. This is done through the use of Composite Risk Management and becoming aware of all threats and hazards involved in any action or decision. CRM is asking "what is going to take me or my buddy out of the fight" and then using the Army tools and concepts to mitigate those risks.

This concept of being on the edge and to Own the Edge follows each Army member whether they are in combat, training or off-duty. The edge extends

into every action or decision that is made, and staying in the fight means that each person must participate in maintaining our combat force and Own the Edge.

Owning the edge results in our Army members pushing themselves to the limit while still remaining in control. Knowledge is the greatest weapon — Own the Edge.

Start getting into this new frame of mind at https://crc.army.mil/ote_campaign/ote_teaser.asp

From **SMOKE**, Page A8 — more harmful than cigarette smoking as a contributing cause of lip cancer.

Each year, about 3,000 non-smoking adults die of lung cancer as a result of breathing secondhand smoke and it causes an estimated 35,000 deaths from heart disease in people who are not current smokers. Children exposed to secondhand smoke are at an increased risk of sudden infant death syndrome, acute respiratory infections, ear problems and more severe asthma. Smoking by parents causes respiratory symptoms and slows lung growth in their children.

So why not give up cigarettes and or tobacco for the day or maybe forever during today's annual Great American Smokeout.

Tobacco Cessation programs are offered to military beneficiaries of Raymond W. Bliss Army Health Center. For information call Kathy Archer at 533-3279.

Advertisement

From **CAREER**, Page A4

fate eventually returned Stittsworth to the military intelligence field.

"I was assigned as a medic to a MI unit while I was in Germany and got to know the 33 Whiskey MOS (Military Intelligence systems maintainer and integrator military occupational specialty). I thought this was an interesting career field so I put in for a transfer and it was approved. I got orders to Fort Huachuca where I have been on and off for the past several years."

One theme that threads throughout Stittsworth's career is the industrious use of location and circumstances

to improve himself. His willingness to engage in lifelong learning across multiple fields has been one of his strengths that made him adaptable to changing times and circumstances. Regaining his commission, earning a Master's degree in Computer Information Systems and providing for his growing family has been among his key achievements in recent years as well.

"I just received word that my request for direct commission in the warrant program has been approved," Stittsworth added. "My wife and I have been happily married for 12 years and we have four great kids. We have traveled

to some great places and I wouldn't have had the great experiences, schooling or been able to care for my family the way we have if it were not for all the many benefits the Army provides."

When asked what advice he would offer to newcomers to the Army, Stittsworth said, "The Army provides learning opportunities throughout your life that you can take advantage of. Find out what the career field demands and talk to friends and experts in the military to get a sense of what the job is like. If you decide to go forward, the benefits of learning a new career almost always outweigh the cost."



Courtesy Photo

Future Army Warrant Officer Randy Stittsworth poses for the camera in his Navy 'crackerjack' uniform during his first enlistment.

From **WATER**, Page A8

the Mountain View Golf Course, Chaffee Parade Field and Prosser Village.

Treated effluent for October delivered to the East Range Recharge Facility was 21.6 acre-feet. Year-to-date treated effluent delivered to the recharge facility is 340.12 acre-feet. The 2006 year-to-date delivery (340.12 acre-feet) is 4.7 percent less than that delivered during the same period in 2005 (357 acre-feet).

The lower water use in October is attributed to the continued effects of the Water Wise and aggressive water leak detection programs. The ongoing family housing and the new Col. Johnson Elementary School construction projects had little water use associated with their activities.

Advertisement

Intel Center analyzes lessons learned, helps Soldiers Army wide

Story and photos by Rob Martinez

Scout Staff

With Lessons Learned, the Army aims to create an information sharing culture in which Soldiers feel free to collect positive and negative information about what works and doesn't work in the field with a responsibility to submit their findings through their chain of command. This information will be used to maintain effective doctrine and improve or change what is not effective. For this to be successful, Soldiers' observations, insights and lessons must be collected continuously from every unit level, from the individual Soldier to the most senior leaders.

"I'm excited about the new information environment that we're establishing, because it's going to allow us to collaborate further, deeper, faster than our current means as well as ensuring information is disseminated at the proper security level," said Chet Brown, ISR Operations Analysis Division chief, U.S. Army Intelligence Center, of the new Army Lessons Learned Program policy effective Friday.

According to Brown, the ALLP evolved from a one-man cell "keeping tabs" to a team of contractors.

Here at the Intelligence Center, the focus is on the Intelligence aspect of LL, but anyone from any unit may send information.

"The Army has always had a lessons learned program in various forms, whether an after-action report, first-person accounts, military education and history or past battles. It's not a new phenomenon," said Brown.

There's research that occurs before the collection activities. The team will visit units that have just returned from theater in order to help understand the specific issues that need to be addressed.

"Often, people will report their findings and provide anecdotal experiences that may be specific to that person's unit during one particular mission in one particular location. This may reveal a cause and effect for a specific incident or environment, but may not have systemic Army wide implications," Brown explained.

For example, equipment may work in one environment but not in another.

"We will take that issue and say, 'Why doesn't it work outside? Is it because you were surrounded by 30 story buildings or happen to be over a large deposit of iron ore?'"

"We have to do all the research to define exactly why it didn't work outside. It's not a repackaging of other people's recordings of what happened, it's an in-depth analysis of why this happened ... the people involved, getting to the specific issues, eliminating any distracters or personal biases in reporting, to understand the underlying issue," Brown said.

Then the team finds where that issue falls in the domain of the DOTMLPF, Doctrine, Organization, Training, Material, Leadership and education, Personnel, and Facilities.

"When the Lessons Learned team develops an issue, it's like making jet fuel from crude oil," Brown explained. "It goes through a refinement process. The Lessons Learned team refines a big barrel of crude oil into a specific,

higher quality product. Then they meet with the subject matter experts or the commanders of the people that lead the specific DOTMLPF domains within the Intelligence branch."

The team is subordinate to the Directorate of Doctrine, but still brings in doctrinal experts to see if Soldiers are using equipment or implementing policy as they envisioned.

"We'll bring in the guy who built it, or the person responsible for determining the requirements for the material developers who built it," Brown said.

To determine whether it's a personnel or organizational issue, the team reaches out for experts, not only across the Intelligence Center but across the Army, for things that affect the Intelligence war fighting function, and maintains close collaboration with the Center for Army Lessons learned at the Combined Arms Center at Fort Leavenworth, Kan. It also has to remain connected to the MI units in the field and units where MI personnel are assigned. There are S2s (intelligence sections) in every combat arms brigade. "We have to receive information from them, and conversely, we have to disseminate information to them," Brown said.

"We also have to go into the joint world. The Intelligence Center has people deploying, 11th Signal Brigade and NETCOM deploy world wide as well, and we'd like to get a closer relationship established with them. And if we're not the right people for them to speak with, we can direct them to the most appropriate people."

The Intelligence Center Online Portal, is where Soldiers can submit information. CALL is the big picture; every field has their own LL agency. But here, no one will be turned away. Soldiers may be concerned with an intelligence matter that affects their jobs.

After the analysis, collection, research, the identification of specific issues as it applies to the DOTMLPF domain, the team meets with subject matter experts, and they come up with the solutions or mitigation procedures that address those issues. The team also finds vehicles to disseminate the positives of what has been learned. One of those vehicles is a quarterly LL analysis document, but lessons are sent out as soon as they are identified and validated by the leadership at the Intelligence Center. CALL at Fort Leavenworth can access the database here, and local LL organizations can access CALL's database for information from and about places locally stationed Soldiers have not been deployed.

"CALL can see what we've learned or we can see what they've learned. We receive all the lessons learned. Once a strategy has been approved, it becomes the responsibility of the LL Integrations office to track them and ensure they are implemented, because a lesson is only a lesson and is not learned until it affects something.

"Nancy Rivera is our conduit between CALL and our LL effort. Not only are we applying lessons learned here at the Intelligence Center, but also at Fort Leavenworth for the rest of the Army," Brown said.

Rivera, Lessons Learned Integration contractor, works for Fort Huachuca via the Center for Lessons Learned, Fort Leavenworth.



According to Rivera, there are currently more than 100 Lessons Learned teams placed throughout the U.S. Army, both at the school level and also among the operational forces. "One of the great things is the ability to speak to any of these analysts to solve a problem or find possible solutions," she said.

She is here to assist all of Fort Huachuca with its Lessons Learned. "Help me help you," she said.

Justin Cloos, knowledge management advisor, is here to help Soldiers from the field to get their input analyzed and disseminated quickly.

"Soldiers want to share tacit knowledge. Battle Knowledge System, BCKS, is trying to make Soldiers' knowledge get that information out there. Then the Army can use it."

He explained that Soldiers can more easily use the internet to contact experienced Soldiers and get practical advice than trying to find it in a book or manual. "The internet is a relatively new means of communication for the Army, and it's a true method for the computer savvy generation."

"We want to get information from our friends, and we trust this source, because I've been talking to this guy for a long time," she said.

Cloos' goal is to get the Department of Defense to use the Internet, because "you can get knowledge out of someone if you just ask than if reading it out of a book."

Considering the almost constant availability of information through communications, Cloos asks, "With technology, how can we harness it?"

The answer, he believes, is infinite.

"I think we can help. Anything that can make the process better," Cloos said.

Soldiers and civilians, including contractors, can submit unclassified Observations, Insights and Lessons via the hua.army.mil or via the ICON portal at <https://icon.army.mil>. Until the classified portal is available, those with classified information can contact the Lessons Learned Team and request Secret Clearance. For Router Network submission instructions or contact information, call (520) 533-5716; DSN: 821-5716.



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***Soldiers bring back
lessons learned
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with initial entry
training Soldiers from
Company B, 305th
Military Intelligence
Battalion.***



***Initial Entry Training
Soldiers from
Company B, 305th
Military Intelligence
review what did and
didn’t work during
a contact mission
exercise. The after-
action report is an
important aspect of
developing lessons
learned.***



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Service News



Ultimate sacrifice in support of Global War on Terrorism

Lance Cpl. Ryan McCaughn, 19, of Manchester, N.H., died Nov. 7 while conducting combat operations in Al Anbar province, Iraq. He was assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Two Soldiers died Nov. 6 in Balad, Iraq, of injuries suffered when their AH-64 Apache helicopter crashed. Both Soldiers were assigned to the 1st Attack Reconnaissance Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division, Fort Bragg, N.C.

Killed were:

Chief Warrant Officer John Priestner, 42, of Pennsylvania.

Chief Warrant Officer Miles Henderson, 24, of Amarillo, Texas.

Sgt. 1st Class William Brown, 30, of Fort Worth, Texas, died Nov. 6 in Sperwan-Gar, Afghanistan, of injuries suffered when an improvised explosive

device detonated near his convoy vehicle. He was assigned to the 1st Battalion, 3rd Special Forces Group, Fort Bragg, N.C.

Spc. Douglas Desjardins, 24, of Mesa, Ariz., died Nov. 5 in Ar Ramadi, Iraq, of injuries suffered when an improvised explosive device detonated near his M1A1 Abrams tank during combat operations. Desjardins was assigned to the 2nd Battalion, 37th Armor Regiment, 1st Brigade Combat Team, 1st Armored Division, Ray Barracks, Giessen, Germany.

Spc. James Bridges, 22, of Buhl, Idaho, died Nov. 4 in Baghdad, Iraq, when his unit came in contact with enemy forces using small arms fire during combat operations. Bridges was assigned to the 2nd Battalion, 1st Infantry Regiment, 172nd Stryker Brigade Combat Team, Fort Wainwright, Alaska.

2nd Lt. Mark Gelina, 33, of Moberly, Mo., died Nov. 4 from a non-hostile incident in Al Anbar province, Iraq. He was assigned to the 2nd Light

Armored Reconnaissance Battalion, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Three Soldiers died Nov. 2 in Baghdad, Iraq, of injuries suffered when an IED detonated near their vehicles.

Killed were:

Lt. Col. Paul Finken, 40, of Mason City, Iowa.

Lt. Col. Eric Kruger, 40, of Garland, Texas.

Staff Sgt. Joseph Gage, 28, of Modesto, Calif.

Finken and Gage were assigned to the 1st Battalion, 506th Infantry Regiment, 4th Brigade Combat Team, 101st Airborne Division, Fort Campbell, Ky. Kruger was assigned to the 2nd Brigade Combat Team, 2nd Infantry Division, Fort Carson, Colo.

Pvt. Michael Bridges, 23, of Placentia, Calif., died Nov. 2 in Taji, Iraq, from a non-combat related

See **SERVICE NEWS**, Page A21

Advertisement

From **SERVICE NEWS**, Page A20

incident. Bridges was assigned to the 1st Battalion, 66th Armor Regiment, 1st Brigade, 4th Infantry Division, Fort Hood, Texas.

Lance Cpl. Luke Holler, 21, of Bulverde, Texas, died Nov. 2 while conducting combat operations in Al Anbar province, Iraq. He was assigned to Marine Forces Reserve's 4th Reconnaissance Battalion, 4th Marine Division, San Antonio, Texas.

Cpl. Michael Lasky, 22, of Sterling, Alaska, died Nov. 2 while conducting combat operations in Al Anbar province, Iraq. He was assigned to Marine Forces Reserve's 4th Reconnaissance Battalion, 4th Marine Division, Elmendorf Air Force Base, Alaska.

Lance Cpl. James Brown, 20, of Owensville, Ind., died Nov. 2 while conducting combat operations in Al Anbar province, Iraq. He was assigned to 3rd Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Staff Sgt. Jason Whitehouse, 27, of Phoenix, Ariz., died Nov. 2 while conducting combat operations in Al Anbar province, Iraq. He was assigned to 2nd Intelligence Battalion, II Marine Expeditionary

Force, Camp Lejeune, N.C.

Pfc. Kevin Ellenburg, 20, of Middleburg, Fla., died Nov. 1 in Baghdad, Iraq, of injuries suffered when an improvised explosive device detonated near his Bradley Fighting Vehicle. He was assigned to the 1st Battalion, 22nd Infantry Regiment, 1st Brigade, 4th Infantry Division, Fort Hood, Texas.

Three Soldiers died of injuries suffered when an IED detonated near their vehicle Oct. 31 in Wygal Valley, Afghanistan. All Soldiers were assigned to the 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, Fort Drum, N.Y.

Killed were:

Maj. Douglas Sloan, 40, of Evans Mills, N.Y.

Sgt. Charles McClain, 26, of Fort Riley, Kan. He later died in Asadabad, Afghanistan.

Pfc. Alex Ocegüera, 19, of San Bernardino, Calif.

Spc. Isaiah Calloway, 23, of Jacksonville, Fla., died Oct. 30 in Marah, Afghanistan, from injuries suffered when his unit came in contact with enemy forces using small arms fire during combat operations. Calloway was assigned to the 1st Battalion, 4th Infantry Regiment, Hohenfels, Germany.

Stars and Stripes posts free holiday messages

Reprinted with permission from *Stars and Stripes*

Stars and Stripes, daily newspaper of the U.S. military, will host a free Holiday Message posting service online at Stripes.com until Nov. 27 for the benefit of military service members and their families who may be separated over the holidays. Many of the messages submitted online will be published in the Dec. 16 editions of *Stars and Stripes* (Europe, Pacific and Middle East) selected on a "first come, first served" basis and online at Stripes.com, also beginning Dec. 16. "Stars and Stripes provides free message services to the troops several times a year," said Marketing Director Meg Irish. "But ... the holiday season is the hardest on families that must be separated." To send a free message, visitors may go to Stripes.com and click on the Holiday Messages button, any time between now and Nov. 27. To view all the holiday messages, visit Stripes.com any time from Dec. 16 on. Message senders are reminded that *Stars and Stripes* can only publish only those messages received online and in English. Every effort will be made to print all the messages received for Middle East, Europe and Pacific recipients, but *Stars and Stripes* also reserves the right to limit the number of messages actually published based on the space available.

Advertisement

CYS announces program fees for 2006-2007

Fort Huachuca Child and Youth Services has announced School Year 2006-2007 fees for enrollment in the New Beginnings Child Development Center, School Age Services and Sports and Fitness team sports.

School age programs include before school, after school, before and after school and full day summer camps. Hourly care is also an option for a variety of age groups. The implementation date for the new fees is Dec. 1.

CYS Coordinator Sandy Hill stated that, for child development centers, the Department of Defense has designated six fee categories based on income, with a range of fees for each one.

Using the Category one fee requirement set by the Army as a baseline, Col. Jonathan Hunter, garrison commander, has determined the fees for Categories two through six. The Category one fee remains the same as last year at \$196. The category two through six fees remain essentially unchanged.

To achieve the New Beginning CDC's quality and value, the Army funds the difference between what parents pay and the true cost of care.

"We look at it as investing together in their children's futures," Said Hill.

In return for child care fees, parents receive activities that promote early learning and school readiness in a DoD certified and nationally accredited program.

Care is available up to 12 hours per day, Monday through Friday. Each parent receives two weeks of "child care leave" every year. Fee discounts are available when more than one child in a family enrolls in CYS programs.

Col. Hunter has also selected fees for school age programs based on the same DoD/Army structure. Category one for school age patrons is the minimum weekly Army baseline fee based on the total number of hours of program operation. School out days, school closures/early dismissals, teacher in-service days and holiday breaks are factored into the school age program fees.

Parents who choose the before and after school program automatically receive a 5% discount. All parents who enroll for school age programs automatically receive five free hours of open recreation at no additional cost.

Patrons also receive two weeks of "school age care leave" every school year, as well as fee discounts when more than one child enrolls in CYS programs.

Team sports fees are linked to three activity categories which include soccer, baseball and basketball. The Fort Huachuca team sports fees are set at the lower end of the Army category ranges, as determined by the Garrison Commander.

The annual registration fee for all CYS programs is \$18 per child or a maximum of \$40 per family.

The CYS Central Enrollment and Registration office

at Murr Community Center is the one-stop for registering and enrolling for all CYS programs and services. The CYS registration fee has reciprocity Army-wide and is valid for one year.

A copy of the SY '06 - '07 fee chart is available at Central Enrollment and Registration as well as all CYS facilities.



MWR courtesy photo

Junior golf clinic at MVGC

A junior golf clinic, for ages 6 to 17, will be held from 10 to 11 a.m. Saturday at Mountain View Golf Course.

Cost is \$8 per person, per session. The price includes instruction and use of clubs and range balls. No reservations are required for this clinic.

For more information, call 533-7088.

Jeannie's Diner, Desert Lanes team up

Every Saturday in November, from 3 to 5 p.m., Jeannie's Diner and Desert Lanes are offering the following special:

Patrons can enjoy a spaghetti buffet, plus one hour of bowling, including shoe rental, for the reduced price of \$3 per person. Two adults and up to four children may take part in the special.

Now through Nov. 30 at Jeannie's Diner, the public is invited to sign a giant greeting card which will be sent to the troops overseas in time for the holidays.

The day after Thanksgiving is traditionally the biggest shopping day of the year. Desert Lanes and Jeannie's Diner have joined forces to offer a bowling/food special designed to give parents an opportunity to do holiday shopping. From 11 a.m. to 2 p.m. Nov. 24, one parent can bring the kids to bowl, while the other parent shops.

Cost of the special, which includes two lanes of bowling plus a kid's meal, is \$5. For each additional child, the cost is \$2. Children must be accompanied by an adult.

For more information, call the diner at 533-5759 or Desert Lanes at 533-2849.

Become an FCC hourly care provider

The Fort Huachuca Family Child Care program is looking for individuals who are interested in offering child care in their homes on an hourly basis.

Training is now being offered for new providers who are interested in offering hourly care, from 7 a.m. to 4:30 p.m., Monday through Friday.

Interested individuals should call 533-2498 or stop by the FCC Office at Murr Community Center.

New arts, crafts classes offered

The MWR Arts Center will offer a new class in candle making, using all natural soy products, from 6 to 7:30 p.m. Nov. 29, Dec. 6, 13 and 20.

Cost of the class is \$10 per session and includes all materials.

A silver jewelry making class will be held from noon to 2 p.m. Saturday and from 6 to 8

p.m. Nov. 21 and 22. The cost is \$100 and includes all materials.

"Power Sorting" for Creative Memories Scrapbooking will be offered from 2 to 4 p.m., Saturday. The cost is \$50.

For more information, visit the Arts Center at the corner of Hatfield and Arizona Streets, Building 52008, or call 533-2015.

Register for youth basketball, wrestling

Registration for the Child and Youth Services 2007 Basketball Program is now in progress and will continue through Jan. 5, 2007.

Cost of the program is \$45 for the first child and \$40 for each additional child.

A current sports physical is required at the time of registration.

Registration for the CYS 2007 Scorpions Youth Wrestling Program is also in progress.

Cost of the program is \$85 for the first child and \$80 for each additional child.

Registration for all CYS programs can be completed at the Central Enrollment Registration Office at Murr Community Center.

The CER Office is open from 7 a.m. to 6 p.m. Monday through Friday.

For more information, call the CER Office at 533-0738 or Youth Sports at 533-8385 or 533-0711.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com

The Scout TimeOut

Enjoy beach activities in Rocky Point

Story and photos by
Thom Williams
Scout Staff

*(This is the second part of a
two-part series).*

In Puerto Peñasco, Mexico or Rocky Point as it's known to many Americans, you can simply sit on the beach and stare at the beautiful Sea of Cortez, listening to the waves lap up on the shore and feel like you are in one of those beer commercials on television. Or, you can seek adventurous activities that will leave you breathless.

There are no lifeguards on the beaches, so keep a close eye on the kids. You may want to equip them with some sort of shoes, as there are sharp shells and pieces of glass mixed with the sand. You may also want to provide flotation devices.

Bring along all your beach and snorkeling gear from the United States because the selection in local shops is limited.

The sea is generally calm and the water is very clear so many people snorkel right off the beach with schools of tropical fish visible.

While sitting on the beach you can watch pelicans and seagulls fish. If you are lucky, you may spot a pod of dolphins.

Vendors also ply the beach areas, offering an array of items from blankets to colorful pottery.

Rocky Point is full of businesses offering tourists fun activities. While sitting on the beach you may be approached and offered a thrilling banana boat ride for five or six dollars

See **BEACH**, Page B3



Fit for Life

Use techniques for training mind in sports

By George Colfer, Ph.D.

The concept of mind training is not new. It has been used in sport in one form or another as long as sport has existed. Now, as part of the academic discipline of Sport Psychology, it has produced substantial gains in performance.

One does not have to use a professional sport psychologist as many elite athletes do to practice it. However, the basic concepts and techniques need to be understood and practiced on a regular basis.

Several terms have been associated with mind training and may vary a bit even among trained professionals. Mental practice, imagery and visualization are three of the terms that have similarities in the practice of creating or recreating experiences in sport, the military and generally for some of life's difficult situations.

Regardless of the term used, the athlete can use the technique to preview the intent of a coming performance such as a race, game or even a training session. By rehearsing a scene or situation with images from the mind, the athlete can step into that feeling and visually perform in the desired way to achieve a successful outcome. Sometimes viewing photographs or even movies of past performances prior to imaging practice can also enhance the skill(s) to be rehearsed. Previous experiences should be considered and mistakes that occurred should try to be eliminated in future mental practice. Imagery and visualization can maximize the efficiency and effectiveness of training and experience. What you are doing is convincing your powerful subconscious mind that you can and will do the correct performance that will lead to success.

People respond to mind training differently. The self (internally) motivated person will have better success than those relying on external motivation. Athletes who take responsibility for their training and performance will fare better than those who must always be "pushed" by a coach to train and prepare.

There are problems that can limit effectiveness. Relaxation must be present in imagery sessions. The mind must be able to concentrate and ward off outside thoughts and distractions. Deciding what to visualize or not being able to focus on that particular skill or sequence can also cause difficulty.

Images must be consistent with your physical condition, training and skill level. As an example, don't try image running and finishing a marathon when your longest training distance is a two to three mile run.

Gymnasts and divers use mind training frequently, but if you had never done either, imagery would be of no value. One must have the training and ability level to perform an activity or skill before imagery can be of help. Imagery is not suc-

cessful for early skill learning.

Another major problem can occur if the athlete cannot blot out negative images such as visualizing failure, confusion, indecision or injury. Negativism can defeat mind training. The successful candidate has to want to be in control of thoughts, perception and images. Loss of control in mind training will carry over to the real performance. There is no room for a defeatist attitude in training the mind.

The four essentials of imagery or visualization are concentration, confidence, control and commitment. The ability to maintain focus, the belief in one's abilities, maintaining emotional control and striving to complete set goals all are required for success in mind training. One must also allow for changes that could occur and be able to adapt to them when present. Some examples would be excessive crowd noise, weather or environmental changes and unforeseen pressure situations.

The following suggestions may assist in beginning mind training.

- First, pick out a single thought and for three minutes, try to keep that as the only thought in your mind. It can prove difficult, but will give you an idea of your present level of concentration and focus.

- Start slowly and use a basic learned skill or task that you are familiar with and capable of performing.

- Isolate the skill to be imaged. Envision the desired outcome.

- Quiet your mind and relax. Prepare to focus on the task. Your setting should have no distractions or interruptions present such as cell phones, television, radio, etc.

- Imagine yourself performing the task perfectly. Visualize or put yourself in that scene so you can experience the feelings or kinesthetic sensations of performance. The scene you create in your mind should agree with your desired outcome.

- If distractions appear in the image, either correct or adjust them. If unable, stop and start over. Repeat until the mind accepts the desired image.

- Advanced practice may include your placing barriers or obstacles in the way of the task and finding solutions to still reach your goal.

- The sessions for imaging time may vary as to the duration or complexity of a given task. Devote 10 to 15 minutes per day, although some sessions may be as low as three minutes and long as 30 minutes.

- Keep in mind you should actually experience the imagery, not just view it as a spectator. This can involve and create emotion. Your heart rate may increase, muscles may tense and even an adrenalin response may occur.

The use of mind training frequently allows you to preprogram your performance, increase confidence and overcome nerves, intimidation and technical flaws.

Chalk Talk

Myer School

The **Magellan Running Club** Tenth Week News. Third grade top boys: Levi Couillard-38 points, Montineze Cole-38 points, Johnny Taylor-27 points. Third grade top girls: Candice Miller-37 points, Kaili Lasley-25 points, Jennifer Barton-20 points. Fourth grade boys: Nestor Rodriguez-28 points, Kenese Koulave-27 points, Lawrence Johnson-23 points. Fourth grade girls: Mia McCallum and Essence Smith-37 points, Amoiah Lewis-28 points. Fifth grade boys: Andrew Camps-52 points, Lucas Madrid-24 points, Jeffrey Scott-23 points. Fifth grade girls: Cameron Gillespie-26 points, Kierra McKnight-24 points, Melinda McCallum-22 points. The top class of each grade level with the most miles were: Marie Lee's third grade class with 52 miles; Jan Barnes' fourth grade class with 55 miles; and Regina Chesleigh's fifth grade class with 45 miles.

Suzi Szymeczek's fourth-grade students have finished up their unit on the water cycle. They observed a water cycle model, logging their results for one week.

They also did an activity, "What's in my dirt?" Students were amazed about their findings. They visited the **Water Wise Festival** at the City Park to further their knowledge regarding the water cycle and conserving water. The class would like to thank the people involved in the Festival for doing such a great job! All students in Szymeczek's class are doing a wonderful job in accelerated math. Most students are meeting and exceeding weekly goals. The class just concluded their lessons on long division and are now pushing on to fractions. Way to go! Congratulations to Kaylyn Edgar for the character counts award and Andrew Sanchez for the academic award!

The **Peer Mediators** are doing a great job completing their training during their lunch recess. They are learning different communication techniques, feelings, and conflict resolution skills. Peer mediators are eager to finish their training and help their fellow classmates solve problems at school.

Johnston School

Shouts of "I can see the embryo," and "My seed coat fell off!" came from students in **Fatima Baeza's and Georgia Bernheim's second grade classrooms** as they worked on their science study of plant life cycles. The classes saw first-hand how pumpkins grew in Pumpkin School at Gray's Garden in Palominas. The hay maze and animal petting area were favorites, too. Farmer Gray sent along seeds of winter vegetables for the classes to plant in their own garden plots at school.

To honor veterans, the two classes created a **Wall of Honor** to display the names of parents and relatives of the students. The boys and girls are busy learning patriotic songs and what the word "veteran" means so they will be ready for a special Veteran's Day program today.

Museum director brings cycling full circle

By Anthony Reed

Scout Staff

Everyone has issues with the outrageous prices of gas lately. Everyone — that is — except an avid post commuter.

For more than 20 years, Tim Phillips has served as the Fort Huachuca Museum director. Though he lives 10 miles from post, it takes him 45 minutes to get here in little or no traffic sans a few animals he is on first-name basis with, bumps, dirt and an occasional flat tire.

"I've ridden bikes all my life," Phillips said. "It's the one thing I have always been able to do well. I was an only child, and wasn't good in team sports. Bikes are an individual thing."

While serving in the Navy, the Cochise County resident bought a bicycle to get around. "Imagine a six-foot, two-inch sailor on a tiny bike traveling around Hong Kong," he mused.

That bicycle purchase may not have been his first, but it surely helped shape his current profession as a historian, as well as lifelong bicycling hobby. He now owns more than 15 "balloon tire" bicycles

— including a classic model which also serves as an office conversation piece and historic artifact.

The historian said the first bicycles were made with wooden rims and skinny tires. However, in 1934, Arnold, Schwinn & Company introduced a "Super Balloon Tire Bicycle" to the world.

"American cyclists traveled on very rough terrain. Mr. Schwinn traveled to Germany around 1932 and observed the first balloon tires. After many attempts, he finally convinced stateside tire manufacturers to make balloon tires for his company's bicycles in 1933. This meant much smoother rides for regular cyclists. As a kid, I grew up around many dirt roads. Balloon tires are much better for those roads."

Phillips' collection spans 70 years — from the model adorning his office to a 2004 mountain bike. "Every two years I get a new one," he said. He literally and figuratively has one for every occasion. He rides his mountain bike to work each morning in full cycling gear. "After that 45-minute ride, when I get to work, I'm ready to roll, full of adrenaline. I have a sink and plenty of clean towels in the museum basement."

He has a "cruising bike" (the only "non-Schwinn" in his collection) that he rides around post to meetings. "Riding a mountain bike around post is not practical. Regular shoes won't fit in the pedals, and my pants would always get stuck in the chain. Plus, people would look at me funny if I showed up to a meeting in my cycling gear."

Phillips has alternative bikes for specific weather conditions. At home, he has a "dog riding bike" he rides when his pets receive their daily exercise.

"Each bike has its own niche."

He was instrumental in having post officials create a pedestrian gate for cyclists to avoid heavy morning and afternoon traffic.

Since Phillips is running out of storage space for his bikes, he has plans to build a new building on his property, dubbed "Tim's Tool Box." "My wife won't let me keep them in the living room."

Phillips travels with tools to overcome various obstacles during his daily trek. Though he has experienced many flat tires, he said bicycling is motivating and helps him stay in shape. "I own four cars, but I ride a bike — saving miles on my vehicles and avoiding some fuel costs."

From BEACH, Page B1

on the Sea of Cortez. Banana boats are heavy duty inflatables that people sit on while being pulled by a fast small boat.

Several companies around town offer boat trips to Bird Island, a nature sanctuary south of Rocky Point.

The companies provide snorkeling gear or sea kayaks enabling tourists to interact with curious sea lion pups that will swim out from the island to mingle with visitors, while the adults lounge on the rocks of Bird Island.

The cost of a trip to Bird Island varies, with one company offering a half day trip costing \$70 for adults and \$35 for children 10 years or younger.

Other activities offered include nightly sunset and dinner cruises. The cost of these boat trips varies widely, but expect to pay \$20 to \$30.

The Fiesta Cruiser is one of the larger boats working out of Rocky Point and offers all-inclusive cruises on Saturday evenings. You can check out the activities the company offers at www.fiestacruiser.com.

If you tend to get seasick you can simply join the crowd at an outdoor restaurant in Old Port. Watch the sun sink behind the town of San Felipe on the opposite side of the Sea of Cortez on the Baja California peninsula just visible on the western



horizon, but only at sunset.

Other water activities offered include parasailing. One company was advertising rates for a ride at \$45 for an individual; \$80 tandem; and \$10 for passengers who hang out on the boat.

It's also possible to rent jet skis, sea kayaks or boats.

Rocky Point is also a popular spot for scuba divers to practice their hobby. The Sea of Cortez around Rocky Point has fairly warm water year round and visibility is good.

The city of Rocky Point is surrounded by miles of open desert and dunes. Many Americans bring their all-terrain vehicles and dune buggies to Mexico to play in the sand. These vehicles are also popular modes of transportation to get around town.

If you'd like to join the gear heads for a cruise on the dunes behind Sandy Beach, all terrain vehi-



cles can be rented for \$20 per hour.

In many tourist areas of Rocky Point, sales people approach visitors offering trips to the Mayan Palace or other condominium timeshares that offer cash, free meals and other incentives to get people to sit through timeshare sales pitches.

Many people have bought into these offers and have never returned to use their timeshares.

Mexican adults and children will also approach visitors offering many different items for sale. Goods range from Cuban cigars to Chiclets. The prices are negotiable.

Nightlife in Rocky Point can be found all over town on weekends but during the week, Margarita Villa on Campeche Street in the Mirador section of town has karaoke and a DJ every night. Manny's Beach Club on Mirador Beach also offers entertainment all week long. Both establishments also offer food. Be forewarned there is a Spring Break



Photos by Thom Williams

atmosphere in each of the establishments almost every night.

To stay healthy in Mexico, drink only bottled water including when you brush your teeth and rinse a toothbrush.

When your visit to Rocky Point comes to end you may want to leave town very early or very late.

On Sundays or at the end of a long holiday weekend, wait times to cross the border from Sonoyta, Sonora, Mexico to Lukeville, Ariz., have been known to last one to three hours during busy periods.

Currently, a driver's license is the only document required by authorities to get back into the United States when driving from Mexico. But as early as **Jan. 1, 2008**, U.S. citizens traveling between the United States and Mexico by **land** may be required to present a valid U.S. passport or other documents as determined by the Department of Homeland Security.

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Tour of Homes tickets available

The Fort Huachuca Community Spouses Club presents its annual Holiday Tour of Homes from 2 to 6 p.m. Dec. 3. The tour begins at the Fort Huachuca Historical Museum. Fourteen historic homes will be open for viewing.

Tickets are on sale now. Cost is \$8 in advance, \$9 at the door. They are available at the Fort Huachuca Museum, Safeway, Sierra Vista Chamber of Commerce, Thrift Shop, and from HCSC Board Members. Tickets comes with an opportunity to win a hand-made Christmas quilt.

Bakers are invited to donate baked goods for the bake sale.

For information on the Tour of Homes, contact Amy Mangelsdorf at 459-2686 or amy.mangelsdorf@us.army.mil.

Country Christmas Concert

The Flying J Wranglers will present their Country Western Christmas Special at 7 p.m. Saturday at the Buena Performing Arts Center in Buena High School. The group performs a family show and the event is part of the Sierra Vista Parks and Leisure Art Discovery Series.

Tickets cost \$15 for Adults and \$7 for children under 12 years old and are available at Sierra Vista city facilities, the Sierra Vista Herald newspaper office and Safeway.

Buena High School is located at 5225 E. Buena School Boulevard in Sierra Vista just past Wal-Mart off of Charleston Road.

For more information call 417-6980

UFO expert to speak

UFO expert and nuclear physicist Stanton Friedman, the original civilian investigator of the Roswell Incident, will make a public presentation at 7 p.m. today in the Little Theatre on the Douglas campus of Cochise College.

Since 1967, Friedman has lectured on the topic "Flying Saucers are Real!" at more than 600 colleges, published more than 80 UFO papers, and appeared on

hundreds of radio and television programs.

Tickets are available for \$10 by calling 417-4708.

BOSS holds Cans Festival

Better Opportunities for Single Soldiers hosts a food drive/film festival at 2 p.m. Saturday at Cochise Theater. Those who bring a non-perishable food item will enjoy a free showing of "Talladega Nights."

New BT/TBI Support Group

The Brain Tumor and Traumatic Brain Injury Support Group will meet at 2 p.m. on Wednesday at the Ethel Berger Center, 2950 E. Tacoma Street in Sierra Vista. Anyone affected by a brain tumor or traumatic brain injury is invited to attend. The meeting is open to patients, survivors, caregivers, family, and friends.

For additional information, contact Linda at 456-5736 or Pat at 227-5747.

Tombstone Art Show

"Faces and Places" is the theme for the November art show at the Tombstone Association of the Arts Gallery, located at 317 Allen St. in Tombstone.

The work of three featured artists, Jim Dalmer, Lee Latimore and Sylvia Rosenkrans, will be displayed along with the work of other members who live in the area.

The show runs to Nov. 30. and admission is free. The gallery is open from 9:30 a.m. to 4:30 p.m. daily.

Call 457-2380 for information.

"A Murder is Announced" opens

Bisbee's Obscure Productions will open Agatha Christie's "A Murder is Announced" at 7:30 p.m. on Dec. 1. This play is based on the Miss Marple mystery novel.

"Murder" will play Fridays and Saturdays, Dec. 1, 2, 8 and 9, at 7:30 p.m. There will also be a matinee at 3:00 p.m. on Dec. 3. All shows will be at the Bisbee Woman's

Club, 7 Ledge Avenue on Quality Hill in Old Bisbee.

Tickets are \$8 in advance at Atalanta's Music & Books, Plaza Liquor, Bisbee Food Coop and Bisbee Visitors' Center. Tickets can be ordered by mail from BOP at PO Box 277, Bisbee AZ 85603. They will be \$10 at the door.

For information, contact Rae Jones at 236-1754 or e-mail bisbeesobscure@gmail.com.

Enjoy "Wintersong" at St. Patrick Church

The Bisbee Community Chorus presents "Wintersong," a variety of winter and holiday songs in a free holiday concert.

"Wintersong" plays Dec. 2 at 7:30 p.m and December 3 at 3 p.m. at St. Patrick Church, located across from the Cochise County Courthouse on Higgins Hill in Old Bisbee.

Songs will range from the classic "Ave sanctissima Maria," to a medley of traditional carols to "White Christmas" and "Here Comes Santa Claus." The singers will celebrate Hanukkah with "Light the Candles" and Kwanzaa with "Drink from the Unity Cup." Tune up your voices -- the concert will include a holiday sing-along.

For information contact Ruth Dugie of the Bisbee Community Chorus at 432-3523 or e-mail bisbeechorus@cablone.net.

Register now for gift wrapping

Main Post Exchange staff are taking times and days for gift wrapping for your unit or non-profit organizational fund raiser. Visit Rena Wilson at the Customer Service counter. All wrapping supplies are provided. Sign up early as this is a popular event.

Visit the Main Exchange and check out upcoming sales events for November.

As always, the Post Exchange price matches local retailers.

At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.
The Guardian (PG-13)

Friday -7 p.m.
Employee of the Month (R)

Saturday-2 p.m.,
Cans Movie Festival:
Talladega Nights (PG-13)

Saturday-7 p.m.
The Marine (PG-13)

Sunday -2 p.m.
Everyone's Hero (G)

Monday - Wednesday
Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

The Commander's Access Channel is your channel. We provide a window to the military community that you live in. Committed to the value of community television we are your source for military news and local information. We share in your successes and connect you to the events that are shaping your future. We're your channel.... Cable 97.



Where's Wettie?

Wettie is in the PX Garden Center to check out the plant nursery where there are a number of low water use plants available. When selecting a plant, look for those with low to moderate water require-

ments. There are a great number of bright, attractive, and easily maintained plants to choose from.

Congratulations to **Cpl. Jazmine Collins, U.S. Army Intelligence Center & Fort.**

Huachuca, this week's winner.

Read next week's Scout for another chance to play.



This contest is sponsored by the Fort Huachuca Water Wise and Energy Smart program and The Fort Huachuca Scout.

2006 Intramural Basketball Standings
(as of Nov. 8, 2006)

Conference A

TEAM	W	L	PCT.
*Run & Gun	1	0	1.000
Co. C, 40 th SIG	1	0	1.000
Co. F, 309 th MI BN #2	1	1	.500
Co. A, 305 th MI BN	1	1	.500
Co. B, 309 th MI BN #1	0	1	.000
Co. B, USASTB	0	1	.000
69 th Signal Company	0	0	.000
HHC 11 th SIG	0	0	.000
HHC 111 th MI	0	0	.000
Co. E, 309 th MI BN #2	0	0	.000

Conference B

TEAM	W	L	PCT.
Co. B, 305 th MI BN	1	0	1.000
NCOA	1	0	1.000
JITC	1	0	1.000
Co. B, 309 th MI BN #2	1	0	1.000
Co. E, 309 th MI BN #1	0	1	.000
MEDDAC	0	1	.000
Co. C, 304 th MI BN	0	2	.000
556 Signal Company	0	2	.000
Co. B, 40 th Signal Bn	0	0	.000
Co. F, 309 th MI BN #1	0	0	.000

*Recreational Team



Photo by Thom Williams

Players from Co. B, USATB in grey and Run & Gun, a team made up of civilian contractors, in yellow, fight for position underneath the boards during a basketball game Nov. 8 at Barnes Field House. Run & Gun won the contest 61-37.

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